

What Can I Do to Reduce My Cancer Risk?



BE ACTIVE

Get at least **30 minutes** of physical activity that makes you break a sweat, five days a week.



EAT HEALTHY

Eat more fruits and vegetables, drink more water and cook more meals at home.



QUITTING TAKES PRACTICE

Coaching and medications can triple your chances of quitting for good. Call **1-800-QUIT-NOW** for help to quit tobacco.

**Live Healthy
to Be There**



GET APPROPRIATE SCREENINGS

Stay on top of your health by tracking your BMI, blood sugar and blood pressure.



TRACK HEALTH NUMBERS

Ensure you receive age-appropriate screenings for common cancers to detect cancer early.

I Want to be There for My Family.
Where do I Go for Help?
Talk to your provider and visit:
www.preventchronicdiseasenc.com



NORTH CAROLINA
Advisory Committee
on Cancer Coordination and Control

North Carolina
Cancer Prevention
and Control Branch

<http://publichealth.nc.gov/chronicdiseaseandinjury/cancerpreventionandcontrol/docs/ComprehensiveCancerControlPlan-2014-2020.pdf>
N.C. Department of Health and Human Services • Division of Public Health
www.ncdhhs.gov • <http://publichealth.nc.gov>
N.C. DHHS is an equal opportunity employer and provider. 8/2017

Be There For Your Family



Reduce Cancer Risk
in North Carolina by
Taking Action



Did You Know?



Eating more than 1¹/₄ teaspoon of salt daily increases your risk of stomach cancer by **51 percent**.



One out of three cancer deaths is caused by smoking. In N.C., only **21 percent** of people who get lung cancer survive for five years.



Fifty-two percent of N.C. adults and **76 percent** of N.C. high schoolers do not meet recommended aerobic activity guidelines.

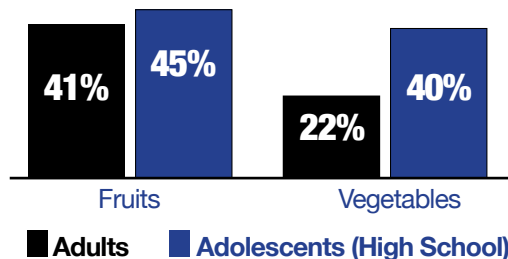


Drinking two glasses of alcohol daily increases your risk of breast cancer by **150 percent**.

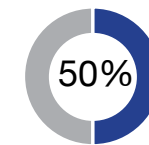


Eating a 3.5-ounce steak or burger daily increases your risk of colon cancer by **17 percent**.

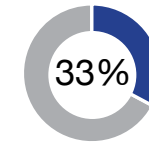
N.C. Residents Who Do Not Consume Fruits and Vegetables on a Daily Basis, 2011



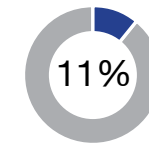
Reducing Risk of Three Common Cancers



Proper diet and physical activity could prevent **50 percent** of **colorectal cancer** cases in the U.S. each year.



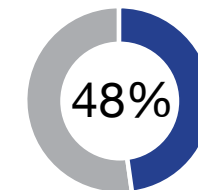
Proper diet and physical activity could prevent **33 percent** of **breast cancer** cases in the U.S. each year.



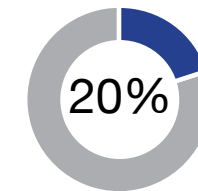
11 percent of national **prostate cancer** cases are related to carrying excess body fat.

These three cancers addressed in the North Carolina Cancer Plan

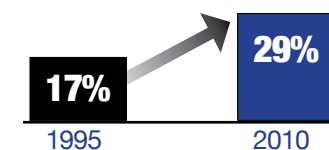
make up approximately **57 percent** of the total new cases of cancer preventable by diet, physical activity and weight management.



Percent of Americans who do not know about the link between obesity and cancer.



Percent of cancer cases nationally are related to obesity.



The percentage of adults with obesity in N.C. increased by **69 percent** from 1995 to 2010.